

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

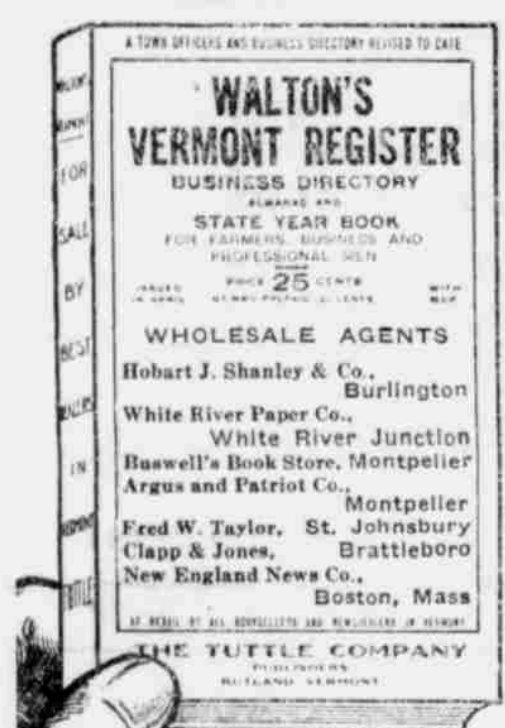
We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble; others who have swollen skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.

READY!



AN OLD FRIEND COME BACK

A Book of 500 Pages
Established over 100 years
Officers and Business Directory for
Every Town in the State
Justices of every town
Area of Every Town
Mail and stage facilities

Valuable New Features

Flexible binding—better paper
Matter arranged alphabetically
Tax rate of every town
License vote of every town
Grand list of every town

Farmers' Monthly Almanac
Health officers and game wardens
Dates of Fairs
Table of Legislative Mileage
Election returns to March 1
Village and School Returns to Date
and other features

You can't afford to miss it
THE TUTTLE CO. Publishers
RUTLAND, VT.

Send 30c for a copy by mail prepaid if you cannot buy of your local dealer for 25c. Cloth Bound, 60c.

Dealers wanted in every town

Bring Your Prescriptions Here

If you want them filled with the purest and freshest drugs, and with the greatest care and accuracy—filled precisely as your physician orders them filled, to produce the exact effects he desires. We are proud of the record we have made in our prescription department. And yet we fill prescriptions at very reasonable prices, and fill them quickly, too.

C. F. Thomas, Ph. G.

BETTER TIMES FOR THE FARMER INSURED BY RISE OF CO-OPERATION

Success In New England States Indicated by Eastern States Agricultural and Industrial Exposition.

Bringing Into Closer Relations of Soil Tillers and Other Business Men Benefits All.

A NEW era has dawned for the agriculture of New England. After a period of depression due to various causes, among them a competition in the middle west in the shape of cheap land of great natural fertility, low transportation charges to the markets of the east and few large cities of their own to feed, conditions have so changed that New England is today more nearly on an agricultural parity with the newer country.

New England has the land and the markets and needs only the determination to take its rightful place as a provider of food for its people. Land in the middle west is no longer cheap; it no longer will yield big crops without good tillage and fertilizer; transportation costs more, and there is now a great number of large and growing cities demanding an ever increasing amount of food.

These facts constitute New England's opportunity. That she is disposed to grasp it is apparent in many ways. The rise of the co-operative spirit in the last few years has been notable. This contains one of the greatest promises of the immediate future. It is not in vain that men argue now for closer relations between the rural and urban sections.

Each Dependent on the Other.
The farmers are coming to see that times are vastly better with them when the business men are prosperous—that the workers in a factory running fifty-two weeks a year, full time, offer a much greater market for farm produce than those in a factory operated thirty weeks a year, three days a week. And the other side of this idea is that the business man is learning that a prosperous rural community is better for his bank account than one where the farmers can purchase only the bare necessities.

The mathematics of the idea has been recently put this way: If ten farmers in one community can either save or increase their incomes \$10 each in one year, there is added to the bank balances or the circulating medium of that community \$100. If 100 farmers do it, it would begin to attract attention; if 1,000, business would certainly "boom." The day is not far distant when something of this sort will come about here in New England.

Forward Steps In New England.
The better understanding of the interdependence of the country and the city has accounted for some very definite forward steps in some sections of New England. What many believe was the greatest of these was that in Springfield, Mass., where a group of men, quick to comprehend the trend of events, some months ago took up the subject and saw that what was needed was a movement big enough to comprise every community in the six New England states—an all-New England movement. Their big view of the matter followed the extraordinary success of the first county league in southern New England, that of Hampden County, which in the first two years of its existence added to the farm incomes and values of one county \$1,200,000. "If this can be done in this county, why not in others—in all New England?" was the way the vision presented itself.

The outcome was the organization of the Eastern States Agricultural and Industrial Exposition. Though its title contains the word "Exposition," the emphasis is on the words "Agricultural and Industrial."

The keynote in this organization is co-operation. The organizers and directors believe firmly that if the agricultural and industrial interests of every part of New England can be brought into close relations both will benefit hugely. Each interest will learn from the other and there will be brought about a spirit of mutual helpfulness, an appreciation of each other's difficulties and a pride in success that will make New England more united.

Support For the Exposition.
Launched about the beginning of the year, the Eastern States Exposition has won the support of not only the business men of New England, to whom its program appeals as the most workable yet devised for the purposes sought, but of the leaders of agricultural thought in every state and of hundreds of "on the ground" farmers. It is a Massachusetts corporation, with a capital stock of \$750,000, divided into 30,000 shares of a par value of \$25 each.

The Exposition will co-ordinate, reinforce and extend the work that is now being done in New England by State boards and commissioners of agriculture, agricultural colleges, the Granges, county leagues and farm bureaus, farmers' unions, breeders', dairy and poultry associations and other like organizations. In order to do this it has provided a plant consisting of 170 acres of land and a group of exhibition buildings of steel, concrete and brick, located in the town of West Springfield, 20 minutes' walk from the Springfield postoffice. This plant, which represents the entire capital of the corporation, is declared by the best experts to have no equal in this country, if in the world.

Canada has a herd of 2,077 buffalo, owned by the Dominion government.

This provision by the exposition of a magnificent headquarters has not been for the purpose of holding shows, but to be a real headquarters for the "movement for the betterment of the agriculture of New England."

New England's Clearing House.

Primarily, the Eastern States Exposition has provided a clearing house—a place where New England men and women may meet for an exchange of experience and thus transfer the ideas of the most progressive communities to those not yet awake to their possibilities.

An illustration of what this means was given in the New England Farm and Business Conference held in Springfield Sept. 15 and 16, under the auspices of the Eastern States Exposition. About 200 of the foremost men of agriculture, business and industry in New England responded to the call. More than 50 of these men spoke on the general subjects: "What is the Matter with New England?" and "What is the Remedy for New England's Ills?" and out of what every one present at the close declared was the most important gathering of its kind ever held in New England came the resolution for the formation of a permanent New England Farm and Business Union, to work in conjunction with the Eastern States Exposition. Committees on finance and organization will meet in Springfield at the time of the National Dairy Show, Oct. 12 to 21, on the exposition's grounds.

Founded and designed to be a benefit to all New England, the Eastern States Exposition is essentially a people's movement. Its board of directors is composed of men who represent the agriculture, business and industries of New England, and its financing has been done by the people. Scores of individuals in the six states have sought the opportunity to participate in the movement. The directors believe that many others will do the same when they understand the scope and promise of the exposition as a forward undertaking.

Brought Dairy Show to East.

The bringing of the 10th annual National Dairy Show to New England is one of several definite accomplishments to the credit of the Eastern States for the upbuilding of the agriculture and dairying of the six states. Always heretofore held in Chicago, the effort to transplant it to New England for a year could never have succeeded had the directors of the exposition not been able to show the men of the middle west that New England would appreciate a dairy stimulus and that there was an organization here big enough to fittingly handle the greatest thing of its kind in the world. Soil fertility is an essential to a successful agriculture and the encouragement of dairying is therefore one of the chief aims of the new movement. The dairy show will be a great force in this direction.

The dairy show will be given in a group of buildings consisting of a Coliseum, 300 by 200 feet, containing an unobstructed arena, 200 by 100 feet, and seats for 5,000 persons; a Machinery Hall, 301 by 234 feet, horse show and cattle buildings for 1,200 head and other structures.

The woman's building will this year be used for the exhibition of the work of the boys' and girls' clubs of New England and the North Atlantic states. The Eastern States Exposition, together with the dairy show, created a committee to co-operate with the state and local club leaders in this project.

Work of Boys and Girls.

There are 100,000 boys and girls doing work as club members. These boys and girls are carefully supervised and directed. They are engaged in one or more of ten projects: Market gardening, canning, potato, corn, poultry, pig, bread-making, garment-making, farm and home handicraft and dairy judging.

The United States Department of Agriculture, through an appropriation of \$15,000, is co-operating. The State club leaders, the county agents, many volunteer workers; and the extension men of agricultural colleges have been enthusiastic in helping along these boys and girls. Some of the extension men have sacrificed their summer vacations for the cause. In addition to this the government is employing about 20 specialists to help instruct the boys and girls how to select, judge and demonstrate.

The boys' and girls' club work is being so organized that it is federating in the Eastern States and giving young people an unparalleled opportunity to achieve distinction. The reasons the boys and girls have been leaving the farms are principally four: Lack of an avocation as the farm has been conducted; isolation; the lack of an opportunity to satisfy their aspirations and ambitions; lack of enjoyment. The committee contemplates a ten-year program so thoroughly worked out that it will show hundreds of thousands of boys and girls in the Eastern States that farming can be made a prosperous business, that country life affords an opportunity to satisfy their highest ambitions.

H. Rider, of Elmira, recently paid \$900 for a penny minted in 1756.

AUCTION

Saturday, Oct. 7

1916, AT 10 O'CLOCK A. M.

AT THE ADAMS FARM ON ROAD TO HINSDALE THREE MILES FROM BRATTLEBORO

THE FOLLOWING PERSONAL PROPERTY WILL BE SOLD:

Two-horse Wagons, two-horse Wagon, iron wheels; Combination Carts, with Dump Bodies or Hay Racks; Manure Spreader, two-horse Combination Harrow, Cultivator and Seeder, Wheel Harrow, Hinge Harrow, Horse Hoe, Tobacco Setting Machine, Corn Planter, Hand Cultivator, Markers, Horse Rake, Hay Tedder, Mowing Machine, Sulkey Plow and other Plows, two-horse Traverse and Bodies, Pung, with pole and shafts; Cutter Sleighs, 1812 Sleigh, two seats or one; Stoneboat, 2 pairs Work Harness, good Driving Harness and other Harness, Winnowing Mill, Corn Sheller, Horse Tread Power, with Saw and Threshing Machine; Scythes, Cradles, Sickles and Saws.

Blacksmith Shop Tools and Benches.

Single-seat Top Carriage, Canopy-top Carriage, several Buggies, light Express Wagon, two seats; Horse Pitchfork, with ropes, etc.; Chains, Bars, Yokes, Whiffletrees, Eveners, etc., Grindstone, Ice Hooks and Tongs, Wheelbarrow, Ox Yokes and Steer Yokes, some Old Hay.

Cooley Creamer and Milk Cans, Butter Molds, Ladders, Barn Windlass, Ropes, 2 sets of Rope Falls, Woodworking Tools, Stanchion Chains, Tie Ropes, miscellaneous Lumber, Household Effects of all kinds.

SALE POSITIVE, RAIN OR SHINE.

FREE LUNCH SERVED AT NOON

BRATTLEBORO TRUST CO., Agent
W. B. ADAMS ESTATE

A. W. J. WILKINS, Auctioneer



Cluster of American Beauties in the big revival of Pixley & Lunders' famous musical comedy, The Prince of Pilsen. Auditorium, Oct. 7, matinee and night.

RAILROADS WILL RETALIATE.

Remedial Legislation Proposed by President Ripley of Santa Fe.

NEW YORK, Oct. 3.—Edward P. Ripley, president of the Atchafalaya, Topeka and Santa Fe railway, has sent to the stockholders of the company an appeal to them to work for the passage of remedial legislation to meet the situation created by the passage by the congress of the eight-hour law at the request of the four railway brotherhoods. "Since the precedent of abandoning a reason and hurriedly paying the demands of railroad unions by special congressional enactment has been established," he says in his communication, "does it not behoove you to exercise your influence in favor of appropriate remedial legislation."

This company believes that the action which congress has passed is unconstitutional and that steps should be taken to resist it in every lawful manner.

Mr. Ripley directs attention to the fact that the president recommends that congress explicitly approve of consideration by the interstate commerce commission of an increase in freight rates to meet the wage increase

resulting and also exhibit strikes until after an investigation. The brotherhoods, he said, have made it clear they will resist such legislation.

All Ready for the "National."

Finished on time, the \$750,000 plant of the eastern states exposition at Springfield, Mass., is in readiness for its dedication by the National Dairy show Oct. 12 to 21. The last of the workmen have picked up their tools and the contractors have formally turned over the huge buildings of steel, concrete and brick to the directors of the exposition, who last April had the courage to undertake the great task in the face of predictions that "it can't be done."

It has been done. In less than six months six of the largest finest exhibition buildings in the country have been erected and equipped for what is certain to be a record-breaking dairy show this year and a permanent all-year scene of activity in behalf of the agriculture of New England. The entries of cattle exceed the best previous total by about 200, the machinery and amply exhibits are 30 per cent larger than at the last "national" and the addi-

tional attractions are of greater variety than ever before.

The several New England states and New York have entered into the opportunity to co-operate with enthusiasm. The agricultural colleges and boards of agriculture are sending exhibits and teams to compete in the various contests and the governors of several states will take part in the exposition's dedication.

The judging of the cattle will begin Monday, Oct. 16, and continue through the week. In one of the aged cow classes there are 35 entries. When these handsome matrons are lined up in the ring they will constitute the largest single class ever paraded before a group of judges. Every evening of the week of the 16th there will be a horse show in the mammoth arena of the Coliseum. The entries indicate this will be New England's star event of the kind this year. The hotels report that hundreds of applications are coming in from horse lovers all over the six states and the east for reservations for the entire week.

The Russian government has signified its intention to supply funds for the publishing of a children's magazine, which will be edited by two women.

BROOKS HOUSE

G. E. SHERMAN
Manager

YOU ARE TRESPASSING

on the rights of your dependents when you refuse to insure for their benefit. Insure to perpetuate your earning capacity. National Life Ins. Co. of Vt. (Mutual). 67th year.—ALBERT C. LAIRD, Special Agent, 8 Crosby Block.